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|  | **Our Lady of Lourdes P.S. Peter 028 8164 8937** [**peter.brazill@eani.org.uk**](mailto:sandra.maxwell@eani.org.uk)  **Monday** | **Tuesday** | **Wednesday** | **Thursday** | Version 1 colour for printing (1)  **Friday** |
| **WEEK 1**  **30th Aug**  **27th Sept**  **25th Oct**  **22nd Nov**  **20th Dec** | **Spaghetti Bolognaise & Homemade Garlic Bread Or O/B Breaded Fish Fingers**  **Fresh Baton Carrots**  **Medley of Fresh Vegetables**  **Mashed Potato**  **Hot Pasta Twists / Gravy**  **Egg Sponge with Jam Topping & Custard** | **Breast of Chicken Curry with Boiled Rice & Naan Bread Or**  **Chicken & Cheese Melt**  **Garden Peas / \*Salad Selection**  **Mashed Potato**  **Baby Boiled Potatoes**  **Hot Pasta Twists / Gravy**  **Vanilla Ice-Cream / Oranges & Chocolate Sauce** | **Homemade Breaded Chicken Goujons & Dip Or**  **Spicy Chicken Fajita with Warm Tortilla Wrap**  **Sweetcorn / \*Salad Selection**  **Mashed Potato**  **Hot Pasta Twists / Gravy**  **Fresh Fruit Selection &**  **Fresh Yoghurt** | **Roast Pork Or**  **Roast Breast of Chicken**  **Herb Stuffing**  **Fresh Diced Carrots**  **Broccoli Florets**  **Mashed Potato**  **Hot Pasta Twists / Gravy**  **Rice Krispie Square & Custard** | **Hot-Dog Or**  **Ciabatta Pizza**  **Baked Beans**  **Garden Peas / \*Tossed Salad**  **Mashed Potato**  **Chips**  **Hot Pasta Twists / Gravy**  **Oat Biscuit &**  **Fresh Fruit Chunks** |
| **WEEK 2**  **6th Sept**  **4th Oct**  **1st Nov**  **29th Nov** | **Chicken Chow Mein Or**  **Steak Burger**  **Broccoli Florets**  **Fresh Baton Carrots**  **Mashed Potato**  **Hot Pasta Twists / Gravy**  **Chocolate Brownie, Pears & Ice-Cream** | **Breast of Chicken Curry with Boiled Rice & Naan Bread Or**  **Homemade Margherita Pizza**  **Garden Peas / \*Tossed Salad**  **Mashed Potato**  **Hot Pasta Twists / Gravy**  **Homemade Shortbread & Custard** | **Cheesy Bolo Pasta Or**  **Fresh Breaded Fish Goujons**  **Lemon Slice / Tartar Sauce**  **Baked Beans**  **Sweetcorn / Garden Peas**  **Mashed Potato**  **Hot Pasta Twists / Gravy**  **Strawberry Jelly & Ice-Cream with Fresh Fruit** | **Roast Breast of Chicken or Chicken Crumble**  **Herb Stuffing**  **Cauliflower Cheese**  **Fresh Diced Carrots / Parsnip**  **Mashed Potato**  **Hot Pasta Twists / Gravy**  **Vanilla Sponge &**  **Custard** | **Homemade Breaded Chicken Nuggets Or**  **Hot Thai Flavoured Chicken Wrap with a Salsa Dip**  **Sweetcorn / \*Salad Selection**  **Baked Potato / Chips**  **Hot Pasta Twists / Gravy**  **Fresh Fruit Selection &**  **Fresh Yoghurt** |
| **WEEK 3**  **13th Sept**  **11th Oct**  **8th Nov**  **6th Dec** | **Italian Pasta Bolognaise &**  **Homemade Garlic Bread Or**  **O/B Breaded Fish Fingers**  **Baked Beans**  **Sweetcorn / Broccoli Florets**  **Mashed Potato**  **Hot Pasta Twists / Gravy**  **Chocolate and Orange Sponge & Custard** | **Macaroni Cheese Or**  **Homemade Salt & Chilli Or Homemade Breaded Chicken Goujons & Dip**  **Fresh Baton Carrots**  **\*Salad Selection**  **Mashed Potato / Chips**  **Hot Pasta Twists / Gravy**  **Raspberry Ripple Ice-Cream Tub & Fresh Fruit Chunks** | **Mexican Enchilada Or**  **Oven Baked Sausages**  **Garden Peas**  **Mediterranean Roasted Vegetables**  **Mashed Potato**  **Baby Boiled Potatoes**  **Hot Pasta Twists / Gravy**  **Fresh Fruit Selection &**  **Fresh Yoghurt** | **Chicken Panini Or**  **Roast Turkey**  **Herb Stuffing**  **Fresh Diced Carrots / Parsnip**  **Fresh Savoy Cabbage**  **Mashed Potato**  **Hot Pasta Twists / Gravy**  **Cornflake Square &**  **Custard** | **Traditional Homemade Chicken Or Smooth & Hearty Vegetable Soup**  **Steak Burger in a Bap Or**  **Bang Bang Chicken in a Hot Baguette**  **Mashed Potato / Tossed Salad**  **Selection of Breads**  **Strawberry Mousse &**  **Fresh Fruit Salad** |
| **WEEK 4**  **20th Sept**  **18th Oct**  **15th Nov**  **13th Dec** | **Breast of Chicken Curry with Boiled Rice & Naan Bread Or**  **Chicken & Broccoli Bake**  **Garden Peas**  **Fresh Savoy Cabbage**  **Mashed Potato**  **Hot Pasta Twists / Gravy**  **Lemon Drizzle Cake &**  **Custard** | **Chicken Stir Fry & Noodles Or Oven Baked Sausages**  **Baked Beans**  **Sweetcorn**  **Fresh Baton Carrots**  **Mashed Potato**  **Hot Pasta Twists / Gravy**  **Flakemeal Biscuit, Fresh Fruit & Custard** | **Roast Breast of Chicken Or**  **Beef Stew**  **Herb Stuffing**  **Fresh Diced Turnip**  **Fresh Diced Carrots**  **Mashed Potato**  **Hot Pasta Twists / Gravy**  **Chocolate Brownie & Custard** | **Spaghetti Bolognaise & Homemade Garlic Bread Or**  **Fresh Breaded Fish Goujons Or Salmon Fish Cake**  **Lemon Slice / Tartar Sauce**  **Broccoli & Cauliflower Florets**  **Mashed Potato**  **Hot Pasta Twists / Gravy**  **Fresh Fruit Selection &**  **Fresh Yoghurt** | **Homemade Margherita Pizza**  **Or Marinated Chicken Fillet with Warm Tortilla Wrap**  **Sweetcorn**  **\*Salad Selection**  **Traditional Champ**  **Chips**  **Hot Pasta Twists / Gravy**  **Arctic Roll &**  **Fresh Fruit Chunks** |

 **Fresh Fish & Chicken Nuggets May Contain Bones**

***If You Require Any Additional Information on Allergens or Special Diets Please Contact the School to complete a Special Diets Application Form***

***\*2 Items from Cook’s Salad Selection***

***Rice Salad, Coleslaw***

***Sweet Chilli Pasta***

***Tossed Salad***

***Lettuce, Cherry Tomato***

***Carrot Sticks***

***Cucumber Sticks***

***Diced Red Peppers***

***Red Onion***

***Radish***

***Beetroot***

***Breads***

***Milk, Water***

***Fresh Fruit, Yoghurt***

***Available Daily***